



Live Gluten Free

Ingredients and Food Preparation to Avoid When Cooking and Dining in Restaurants

Gluten-Free Grains and Flours*

Gluten is the protein found in wheat, rye and barley. The following is a list of grains, flours and starches that ARE GLUTEN-FREE and may be substituted for traditionally gluten containing items:

- Amaranth
- Arrowroot
- Beans
- Black Gram
- Buckwheat
- Chickpea (Besan)
- Corn
- Garbanzo
- Garfava
- Lentil
- Millet
- Montina™
- Nut Flours
- Pea
- Pinto
- Potato
- Quinoa
- Rice
- Sorghum
- Soy
- Sweet Potato
- Tapioca (Manioc)
- Teff

Oats—Testing shows that most oats have gluten levels beyond the acceptable range for those following gluten-free diets, due to cross-contamination in the milling process. There are several manufacturers that produce tested & certified gluten-free oats. Unless you are using certified gluten-free oats, it is recommended that you avoid oats when preparing meals for guests requiring a gluten-free diet.

It should be noted that an individual can have allergies, intolerances or sensitivities to wheat without having the dietary concerns for other grains that contain gluten. The following grains, although wheat-free, CONTAIN GLUTEN and must be avoided to ensure a gluten-free meal for your guests:

- Kamut
- Spelt
- Triticale



The following is a listing of other grains and flours that CONTAIN GLUTEN OR WHEAT:

- Barley
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Graham Meal
- Matzoh Meal
- Rye
- Semolina
- Wheat Germ
- Wheat Starch

Potential Gluten-Containing Ingredients*

The following ingredients represent potential sources of gluten, wheat and their derivatives:



- Artificial Bacon Bits
- Artificial Mashed Potato Mix
- Bouillon (packaged)
- Bread or Bread Crumbs
- Cakes or Cookies
- Cheese (pasteurized processed)
- Colors or Flavors (produced outside of North America)
- Croutons
- Dumpling Skins
- Fish Sauce (made outside of Thailand)
- Imitation Crabmeat or Seafood (Surimi)
- Malt
- Malt Vinegar
- Noodles or Pasta
- Salad Dressing (commercially produced)
- Sauce, Dipping Sauce or Salsa
- Seasonings (commercially produced)
- Soy Sauce
- Tortillas or Tortilla Chips
- Yogurt, Yogurt Curd or Yogurt Sauce (commercially produced)

Key Preparation Techniques & Other Considerations*

The following additional ingredients and preparation techniques represent areas of concern when eating in restaurants for those managing celiac disease, gluten sensitivities and wheat allergies:

Batter typically contains gluten/wheat flour.

Beans may include wheat flour as an ingredient.

Boiling Water must be fresh in all cases to eliminate the possibility of cross-contamination from water used to prepare gluten-containing items.

Breading typically contains gluten/wheat flour.

Dedicated Fryer is a fryer that only fries one particular food type (e.g. battered items only or French fries). Dedicated fryers eliminate the possibility of gluten/wheat cross-contamination from frying battered, breaded or wheat flour dusted foods with non-gluten containing foods.

Flour Dusting is a technique used for coating meat or fish with an ingredient, such as gluten/wheat flour, for texture prior to pan-frying.

Fluffing Agent is a term used for adding an ingredient, such as gluten/wheat flour to eggs to enhance their appearance and increase their volume.

Fresh Oil is necessary for gluten-free food preparation to eliminate the possibility of cross-contamination from cooking oil used for gluten-containing items.

Marinades may have soy sauce or packaged seasonings which contains gluten/wheat or gluten/wheat flour as an ingredient.

Side Dishes or Accompaniments can often contain gluten/wheat containing ingredients.

Thickening Agent is an ingredient, such as gluten/wheat flour, added to soups or sauces so they may have a higher viscosity or thickness.



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*Excerpted from the multi-award winning series, *Let's Eat Out Around the World Gluten Free and Allergy Free*, by Kim Koeller and Robert La France

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